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no, it's soon to be the city's  
tallest building, and now it  
has a name **PAGE 3**

## Our city just got cuter

Hours after being found  
abandoned in Ontario,  
seven puppies are safe and  
sound in Winnipeg **PAGE 4**

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## CALLING ALL ANGELS

Kate Berg, left, and Daly Penner were among the squad of angels who flocked around the Maryland Bridge Tuesday morning collecting donations from drivers for the Misericordia Health Centre Foundation. The Angel Squad will be back Wednesday and Thursday between 7:30 a.m. and 9 p.m. hoping to raise \$60,000 to replace the chairs and bedside tables for residents at the hospital's interim-care unit. **SHANE GIBSON/METRO**

# 'The money is there' to reopen Sherbrook Pool

**'Everything is on the table.'** Despite some optimism, EPC councillor says committee hasn't made up its mind



**BERNICE PONTANILLA**  
bernice.pontanilla@metronews.ca

The preliminary 2014 budget may sink or swim depending on whether a decision is made to reopen Sherbrook Pool.

Several councillors attended Tuesday's property and development committee meeting to criticize a community consultation currently wrapping up in the Daniel McIntyre ward.

Councillors

Paula

Havixbeck and Jenny Gerbasi said the consultation has been too limited, since they have people in their wards that use Sherbrook Pool and would like to see it reopen.

Marianne Cerilli, chair of the Friends of Sherbrook Pool, said she'd hoped the whole consultation process would have wrapped up before the preliminary 2014 budget was set. However, the report isn't expected until early next year.

She also said the process "was clouded by the fact that the pool was closed."

According to city officials, Probe Research will be paid \$23,590 for the community consultations. Cerilli said she attended two of the meetings, which saw about 30 people each, and people were only given about a week's notice.

Committee chair Coun. Jeff Browaty said neither he nor the other members of executive policy committee have made up their minds on Sherbrook.

"Everything is on the table, perhaps the best bang for the buck is reopening it," said Browaty, though he added that the cost-per-swim was high.

Ward Coun. Harvey Smith said he remains optimistic.

"The money is there to in effect get that pool open and going again," said Smith.

A report by engineering firm Crosier Kilgour & Partners Ltd. made public in June stated that \$6.3 million is the "capital cost to reopen and maintain" the pool; a \$2.7 million price tag to reopen it and \$3.5 million to maintain it over the next 20 years.

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# IS NITRIC OXIDE (N-O) THE MIRACLE MOLECULE?

## 12 QUESTIONS WITH DR. BRYAN ON NITRIC OXIDE (N-O)

### What is Nitric Oxide (N-O)?

**Dr. Bryan:** Nitric oxide may be one of the most important molecules produced in the human body. It is a gas that is produced by the lining of the blood vessels that regulates blood pressure and keeps arteries healthy and blood flowing freely. It is the master regulator of the cardiovascular system. Its discovery in the 1980s led to a Nobel Prize in Medicine in 1998. In fact, the President of the American Heart Association was quoted as saying the "discovery of nitric oxide and its function may be one of the most important discoveries in the history of cardiovascular medicine".

### What affect does N-O have on the body?

**Dr. Bryan:** It helps the body maintain healthy blood pressure. It is the molecule that helps our immune system stay strong. It also serves as a neurotransmitter in the central nervous system. It is involved in virtually every biological function within the body.

### How can we increase or improve our N-O levels

**Dr. Bryan:** Proper diet and moderate physical exercise are the two simplest approaches to improve N-O levels. As we age we lose our ability to generate N-O. In fact there is about 10-12% loss of N-O per decade beginning in our 20's. Foods such as green leafy vegetables provide the body with precursors of N-O. Exercise has been proven to stimulate N-O production. There are a number of dietary supplements on the market that proclaim to stimulate N-O but many of these products do not work and in some cases may cause harm.

### What is Neo 40® daily?

**Dr. Bryan:** Neo40 is a patented formulation that was developed based on my research and discoveries at the University of Texas School of Medicine in Houston. It is an orally disintegrating tablet that is all-natural, plant based product that generates N-O. Neo40 has been clinically shown to be safe and effective at restoring N-O production in clinical trials.

### What is the difference between Neo40 and the competitor products or Arginine based products?

**Dr. Bryan:** Neo40 is the only product on the market in the world that provides the body with an authentic source of N-O. This N-O is rapidly absorbed and reaches peak blood levels after 20 minutes. Most if not all other competitive products use or contain L-arginine. L-arginine is a substrate or precursor to N-O but the underlying problem in people who have endothelial dysfunction or who are N-O deficient is that they cannot convert L-arginine to N-O. The enzyme that performs this reaction is dysfunctional. So simply giving more L-arginine does not fix the problem. You would not put gas in a gas tank of a car with a blown up engine so why would one expect to give more L-arginine to fix the problem? This is a major misconception in the marketplace.

### When is the best time to take Neo40?

**Dr. Bryan:** We recommend taking Neo40 first thing in the morning. If you need two per day for specific indications, then we recommend taking one in the morning and then another 12 hours later. Do not exceed 2 tablet per day.

### Who should take Neo40?

**Dr. Bryan:** Anyone over the age of 40 should be taking Neo40. The medical literature indicates that by the age of 40 we have only about half of the N-O production we had when we were 20 and this loss of N-O function is what sets the stage for cardiovascular issues. Also people who struggle to manage their blood pressure can benefit from Neo40. A lack of sexual enjoyment in both men and women could also be a sign of insufficient N-O and many people report improvement in this area as well with Neo40.

### Can a person take Neo40 who has high blood pressure? (we get asked this a lot)

**Dr. Bryan:** Absolutely and they should. We have completed 3 clinical trials and all 3 have shown that taking Neo40 can help the body maintain healthy blood pressure levels.



**ViewPoint**  
by Nathan S. Bryan,  
Ph.D.

**Dr. Nathan Bryan is a professor of molecular medicine at the University of Texas Health Science Center at Houston. He is a leading expert on nitric oxide biochemistry and physiology and has published over 60 papers, and written 4 books on the subject. He is also an inventor on 3 issued US patents on 5 pending worldwide. Dr. Bryan is co-founder and Chief Science Officer of Neogenis® Labs, Inc.**

### Does Neo40 interact with other medications?

**Dr. Bryan:** Neo40 is a dietary supplement that has no known side effects and has been shown to be safe and effective at generating N-O. We have not found any medications that interact with N-O or any conditions where there would be a contra-indication. Most prescription medications will actually reduce N-O production in the body so taking Neo40 can help restore what the drugs may abolish. People taking proton pump inhibitors or acid blockers for acid reflux should absolutely take Neo40. Recently published data show that these drugs inhibit N-O production. These are the third highest-selling class of drugs in the United States, after antipsychotics and statins, with more than 100 million prescriptions and \$13.9 billion in sales in 2010, in addition to over-the-counter sales. As it turns out, these folks need a supplemental source of N-O if taking these drugs.

### Are there any negative side effects to taking Neo40?

**Dr. Bryan:** There are no known side effects and we are registered with the US FDA and Health Canada as a dietary supplement. We do hear of the occasional discomfort on the tongue but find that if you drink plenty of water before and after the lozenge this will remedy.

### Is there any clinical research on Neo40? Does it work? What about test strips?

**Dr. Bryan:** Yes, we at Neogenis Labs are dedicated to research and substantiation. We have completed 2 clinical trials that are published and have just completed 4 more that are being submitted for publication. We also have 3 more that are underway. We have 3 issued patents and 5 more pending worldwide. We also have developed the first and only salivary nitric oxide indicator strips allowing you to monitor your total body N-O availability.

### Any closing remarks you would like to make Dr. Bryan?

**Dr. Bryan:** I think it is important for people to become aware of N-O, educate themselves on lifestyle modification to prevent the age related decline in N-O and include a product like Neo40 as a daily regimen to support N-O production. Our commitment and dedication as a company is to provide the marketplace with the best products and innovation to promote and restore N-O in the human body. Our mission is to change the world, one life at a time.

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# Committee backs hearing for North Kildonan closures

**City hall.** Councillor says new arterial roadways are needed for RM's proposed commercial development

A city committee has given the green light to start a process that would close two North Kildonan streets near a planned commercial development.

Both Gateway Road and Raleigh Street are caught in a tussle between the City of Winnipeg and the RM of East St. Paul, whose officials are currently debating whether to change the designation of a parcel of land near the Perimeter at Lagimodiere to commercial from mixed-use residential.

A 37-acre, Walmart-anchored shopping area is being proposed for that site.

Back in July, Coun. Jeff Browaty, chair of the property and development com-

mittee and the ward councillor, threatened to choke off the only access point to the commercial development if the RM didn't include new arterial roadways for better traffic flow.

"I don't want to start a war; my idea is not to build this wall. Hopefully, we don't need to build this wall, but to discourage the developer from going there without proper transportation access," said Browaty on Tuesday.

The RM's decision on the re-designation could come in January or later. It would then require provincial approval, as well.

Browaty said his committee's move to start the public-hearing process on the closures is meant to put pressure on the RM and also the provincial government to address the traffic concerns.

The report on the Gateway and Raleigh closures now moves on to the next regular city council meeting on Dec. 10. **BERNICE PONTANILLA/METRO**



Coun. Jeff Browaty says he's hopeful "a wall" at the northern city limits of Raleigh and Gateway streets won't be necessary. **BERNICE PONTANILLA/METRO**

## Massive tower named SkyCity Centre



The newly named SkyCity Centre. **CONTRIBUTED**

The building planning to tower over all others in downtown Winnipeg now has a name.

Officials from Toronto-based developers Fortress Real Developments and MADY Development Corporation revealed Tuesday their planned 56-storey tower at the corner of Garry Street and Graham Avenue will be called

SkyCity Centre.

The name was chosen from over 3,500 submitted through a competition run by the developers.

"It's a super-exciting name that we think really evokes what this project is all about," said Fortress CEO Jawad Rathore before handing over a \$3,000 cheque to Robert Cable of Winnipeg

for submitting the winning name. "We're talking about ... the tallest tower in Winnipeg and people are going to be living in the sky."

Rathore said plans see around 400 condominiums ranging in price from under \$160,000 right up to \$1 million for suites built in the tower's highest levels, and a mixture of commercial and

retail space on the lower floors.

Rathore said the developers are "very committed" to bringing a national grocery chain into the tower, and news on which grocer that would be made public as early as January.

Sales for the building will launch in spring 2014.

**SHANE GIBSON/METRO**



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1 NEWS



One of seven two-week-old puppies found orphaned in northern Ontario rescued by Manitoba Mutts and brought to Winnipeg foster homes takes a nip at a finger Tuesday. SHANE GIBSON/METRO

# Orphaned puppies get another shot at life in the city

**Puppy love.** Manitoba Mutts expects pups to be ready for adoption in six weeks



SHANE GIBSON  
shane.gibson@metronews.ca

Seven two-week-old puppies are now safe and sound in foster homes in Winnipeg after a whirlwind trip just hours after they were found orphaned in a northern Ontario community.

Monica Ranger, who used to live in Sandy Lake, Ont., but now calls Winnipeg home, noticed a Facebook post about the mixed-breed puppies Monday.

"The owner was worried they were going to die," she

told Metro as she met the pups for the first time Tuesday afternoon. "I jumped on it and started calling around to make sure they got here to Winnipeg to find homes."

The self-described dog lover said it's a miracle how quickly homes were found — the folks at Manitoba Mutts noticed her calls for help and had three emergency foster homes lined up within a half hour.

The cute and cuddly cargo were given a free flight into Winnipeg with Perimeter Aviation and arrived in Winnipeg a little cold and a little hungry but otherwise in good health Tuesday afternoon.

Manitoba Mutts spokesperson Colleen Holloway said without the fast action none of the puppies would have lived to

## Bottle fed

- The seven yet-to-be-named puppies will now need to be bottle-fed every three to four hours by their foster parents, and after getting their shots and the OK from vets, Holloway expects they'll be ready for adoption on manitobamutts.org in about six weeks.

see Wednesday.

"They are very vulnerable at that age, they would have died in their sleep if they weren't eaten first," she explained. "In the winter time it's a race against the clock and against the temperature as it drops."

# Downtown Winnipeg BIZ's yule log contest enters cyberspace

A popular winter contest is moving from store windows to cyberspace.

Downtown Winnipeg BIZ announced on Monday that Winnipeggers wanting to "be the hand" on MTS TV must now search for the fireplace icon at the downtownpeggy.com website in order to enter.

Last year, participants entered after searching for fireplaces in the storefronts of downtown businesses.

Ali James won that contest and her hand will make its debut on television screens over the holidays. "I'm thrilled! My hand is pretty ecstatic as well," said James in a press release.

"I thought this was such a fun, original contest. It was also a great reason to come out of hibernation

## Quoted

**"A one-of-a-kind holiday contest like this captures the unique spirit of downtown, and of Downtown Peggy. With unique boutiques and restaurant options, it's the perfect place for a holiday experience."**

BIZ executive director Stefano Grande

and explore downtown."

The BIZ said participants can enter this season's contest once a day until Jan. 19 and there will be prizes — a weekly downtown prize package and a grand prize of a 46-inch television — handed out.

"Last year we saw the Yule Log contest awaken the imagination of Winnipeggers wide and far, as people turned to their downtown for a wide assortment of festive events and initiatives during the holidays," said Stefano Grande, the BIZ's executive director.

"A one-of-a-kind holiday contest like this captures the unique spirit of downtown, and of Downtown Peggy. With unique boutiques and restaurant options, it's the perfect place for a holiday experience."

METRO

## On the web

For more local news go to [metronews.ca](http://metronews.ca)



## The ARTPOP Ball

### Mother Monster is coming to the city in the spring

Lady Gaga is coming to Winnipeg next May.

Gaga and her little monsters will fill the MTS Centre as part of her artRave: The ARTPOP Ball tour on May 22, said LiveNation on Tuesday.

Gaga will also hit up Calgary, Edmonton and Vancouver during this leg of her tour.

Tickets go on sale Dec. 9 at 10 a.m. at Ticketmaster. Tickets range from \$35 to \$200. METRO



Lady Gaga poses for photographers with her life-sized dolls during a press conference to promote her album ARTPOP in Tokyo on Dec. 1.

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

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# Reform Act gets thumbs-up

**Bill to give MPs more power.** Grits and NDP say they would support Conservative MP's bill

A Conservative MP's provocative new bill to rebalance power between MPs and party leaders has gotten an early thumbs-up from the NDP and the Liberals.

With a number of Michael Chong's Tory colleagues already supportive, the measure could have serious legislative legs.

Among other things, the bill would give party caucuses the explicit right to review and oust their leaders.

Liberal Leader Justin Trudeau tweeted Tuesday that he shared the goals of Chong's proposed Reform Act of 2013.

NDP reform critic Craig Scott said he will personally support the bill and MPs in his party will be allowed a free vote on the legislation.

He said his leader, Tom Mulcair, "wants a system that's fair, where prime ministers actually don't have the kinds of levers

of power that have been abused under Stephen Harper and have been used in ways that frankly aren't all that justified by previous prime ministers."

Chong is a moderate, popular Ontario MP with a long history of promoting stronger responsible government.

Conservative supporters included Alberta MP James Rajotte, Ontario MPs Larry Miller and Stella Amble and Ontario Sen. Hugh Segal.

Green Party Leader Elizabeth May and Independent

MP Bruce Hyer rounded out the cheering section.

"It depends on whether Mr. Trudeau and Mr. Mulcair will allow their caucuses to vote for democracy," May said of the bill's prospects.

A Conservative source estimated that up to a quarter of the caucus could back Chong's proposals.

Chong argues that these rights have always existed by convention, but have not been exercised for decades.

The legislation would not come into effect until after the 2015 election.

THE CANADIAN PRESS

## How it works

### Reform Act's nuts & bolts

The bill has three components. It would give party caucuses in the Commons the right to vote to review the party leader and to trigger a leadership race.

As well, the bill would entrench in the Parliament of Canada Act the right of a caucus to review, eject and readmit MPs.

They would also have the right to elect and eject their caucus chair.

The third part of the bill would give electoral district associations the power to approve electoral candidates. Nomination papers would no longer require a leader's signature.

These measures would theoretically embolden MPs to vote as they want in the Commons, without fear of being turfed from caucus.

## Education. Canadian teens' scores in math, science take a nosedive

A new international study ranks Canadian students among the top of the class in key subject areas, but there has been a noticeable decline over the years in math and science scores among the country's pupils.

Canada was among 65 countries and economies participating in the assessment by the Organisation for Economic Co-operation and Development, which takes place every three years. Findings of the OECD's Programme for International Student Assessment from 2012 were released Tuesday.

The average estimated score in math was 494. Canada had 518. Shanghai, China topped the list in math with an average of 613. Canada was also outperformed by Singapore, Hong Kong, Chinese Taipei, Korea, Macau, Japan, Liechtenstein and Switzerland.

Canada had an average

## Measuring up

Canada was among the high-level achievers, however:

- Performance in math has declined, with a 14-point dip in the past nine years.
- Decline in science performance since 2006 was "statistically significant."

score of 523 in reading and 525 in science — well above the OECD averages of 496 and 501, respectively.

Shanghai topped the list in both reading and science with 570 and 580, respectively. Canada was outperformed in both subjects by Hong Kong, Singapore, Japan and Korea.

THE CANADIAN PRESS



## Sleep-deprived Dallaire dozes off at the wheel on the Hill

Sen. Roméo Dallaire nodded off at the wheel of his BMW and crashed into a traffic barrier on Parliament Hill Tuesday. Dallaire said news last week of three suicides of Canadian soldiers, coupled with the coming 20th anniversary of the Rwanda genocide, have left him unable to sleep. "I am very thankful that nobody was injured or worse by my not being more attentive to the level of fatigue that I have been experiencing," he said in an apology. JENNIFER DITCHBURN/THE CANADIAN PRESS

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# A ticket loser, but still a \$50M lotto winner

**Just imagine.** Regular lotto player Kathryn Jones is 'still in shock' after being told she won Lotto Max a year after losing winning ticket

A Hamilton woman who lost her winning \$50-mil-

lion lottery ticket last year is on the verge of getting her prize after an extensive investigation.

The Ontario Lottery and Gaming Corporation says Kathryn Jones bought a ticket in Cambridge, Ont., last year which turned out to have the winning numbers from the Nov. 30, 2012, Lotto Max draw.

OLG received some 435

## Unique case

**"I'm very grateful."**

Lotto Max winner Kathryn Jones, on the Ontario Lottery and Gaming Corporation investigation that secured her a \$50-million jackpot

inquiries since that draw and in the process of reviewing them, it deter-

mined Jones had the winning ticket.

When Jones wasn't able to find her ticket, OLG carried out a "Lost Ticket Prize Claim" process to ensure she was the rightful winner.

It included using their database to verify her purchase, checking surveillance video and credit card statements.

THE CANADIAN PRESS



OLG CEO Rod Phillips, centre, and Mike Hamel, head of investigations, announce Kathryn Jones as winner of \$50 million. OLG/THE CANADIAN PRESS

## Plugged up. Those handy wipes may not be as 'flushable' as they claim



A mass of wipes that are supposed to be "flushable" held aloft by Barry Orr. They were clogging sewage pumps in London. DAVE CHIDLEY/THE CANADIAN PRESS

The pleas of Canadian wastewater officials to federal and provincial politicians for a crackdown on so-called flushable wipes are falling on deaf ears.

It's a municipal problem, so the refrain goes, and so the Canadian Water and Wastewater Association is joining forces with its American counterpart, the Water Environment Federation, to take aim at the popular towelettes.

The wipes — billed as a cleaner alternative to toilet paper that's perfectly OK to flush down the toilet — are giving many municipalities fits as they grapple with costly clogs.

Personal wipes are a \$6-billion industry in North America. Canadian municipalities say the wipes are costing ratepayers as much as \$250 mil-

## Hold on — don't flush!

Canadian municipalities and waste-water officials have two objectives — a federal flushability standard and a widespread public-education campaign.

- It's not just wipes — it's paper towels, feminine hygiene products, baby wipes and diapers. "Use them if you like, but do not flush them," said Paul Drca with the City of Windsor.

lion a year. Both the CWWA and its U.S. sister are pushing manufacturers to allow independent testing, and to label them with more clarity.

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# Acid attack lands Russian ballet star in jail for six years

**Bolshoi.** Attack on ballet's director exposes vicious backstage bickering and intrigue at renowned theatre

A judge pronounced Bolshoi soloist Pavel Dmitrichenko guilty of making plans to attack Sergei Filin, the theatre's director who lost most of the sight in one eye and 20 per cent in the other in the attack on Jan. 17.

Ex-convict Yuri Zarutsky, who splashed the acid in Filin's face, was sentenced to 10 years; a driver, Andrei Lipatov, got four years. The three were also ordered to pay 3.5 million rubles (about \$112,000) in damages to Filin.



Dancer Pavel Dmitrichenko stands inside a barred enclosure at court in Moscow on Tuesday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

The dancer said during the trial that he had agreed to Zarutsky's offer to beat up Filin, but claimed that he had been

unaware of his intention to use acid for the attack. He pleaded not guilty but admitted "moral responsibility."

Dmitrichenko said he was shocked when he heard about the acid attack in the news and told Zarutsky they should surrender to the police. He testified that Zarutsky told him to keep silent and threatened to launch a similar attack on Dmitrichenko's ballerina girlfriend if he went to the police.

He said he had told Zarutsky that he disapproved of Filin's management style. He insisted that he always said Filin had been an excellent dancer, but he blamed him in part for the negative atmosphere in the theatre. He cited several incidents in which troupe members were driven to tears during heated conflicts with Filin.

THE ASSOCIATED PRESS



## Thai government tries to defuse violent protests

A Thai policeman offers a rose to protesters outside city police headquarters in Bangkok on Tuesday. Prime Minister Yingluck Shinawatra ordered police to stop battling anti-government protesters in what has become a struggle to topple Yingluck and keep her brother, Thaksin Shinawatra, from returning to power.

MANISH SWARUP/THE ASSOCIATED PRESS

### Germany

## New software detects banned neo-Nazi music

German police say they have developed software that can automatically identify banned neo-Nazi music.

Certain extremist music is banned from public sale or performance in Germany, but the far-right still regularly attempts to skirt the regulations with concerts to attract and recruit young people.

THE ASSOCIATED PRESS

### Los Angeles

## First traffic citation given to Google Glass user

A woman has pleaded not guilty to a traffic citation usually given to drivers who may be distracted by a video screen. The officer alleges the motorist was using Google's computer-in-an-eyeglass, Google Glass. THE ASSOCIATED PRESS

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REUTERS/Erk De Castro

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## Word war. Selfie and science battle it out

Look alive, selfie. There's another word of the year that's not all about you.

While Oxford University Press, the British publisher of the Oxford dictionaries, declared those little smartphone self-portraits its winner last month, the folks at Merriam-Webster announced "science" on Tuesday.

Oxford tracked a huge jump in overall usage of selfie, but Merriam-Webster stuck primarily to look-ups on its website, recording a 176 per cent increase for science when compared with last year.

John Morse, president and publisher of Merriam-Webster Inc., said science is connected to broad cultural oppositions — science versus faith, for instance — along with the power of observation and intuition, reason and ideology, evidence and tradition. **THE ASSOCIATED PRESS**

### Saskatchewan


## PotashCorp to slash 18% of staff


PotashCorp of Saskatchewan is cutting its workforce by about 18 per cent, affecting 1,045 people — with the biggest hits in its home province of Saskatchewan, as well as New Brunswick and Florida.


The decision stems from soft demand for potash and phosphates, two major types of crop fertilizer.

**THE CANADIAN PRESS**

### Market Minute

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13,319.87 (-99.70)

 **OIL**  
\$96.04 US (+\$2.22)

 **GOLD**  
\$1,220.80 (-\$1.10)

**Natural gas:** \$3.98 US (no change)  
**Dow Jones:** 15,914.62 (-94.15)

# Yeah, I'm gonna need you to stay home on Saturday

**Promoting productivity.** Bosses are forcing staff to put down the TPS reports and smartphones in a bid to fight burnout

Volkswagen turns off some employees' email 30 minutes after their shifts end. Goldman Sachs is urging junior staff to take weekends off. BMW is planning new rules that will keep workers from being contacted after hours.

This surge in corporate beneficence isn't an indication that employers are becoming kinder and gentler: It's about the bottom line. After years in which the ease of instant communication via email and smartphones allowed bosses to place greater and greater demands on white-collar workers, some companies are beginning to set limits, recognizing that successful employees must be able to escape from work.



Shirin Majid, left, watches as her husband plays with their baby at home. Majid works for a start-up, which has "blackout" weeks for workers when they are forbidden to work. **BEBETO MATTHEWS/THE ASSOCIATED PRESS**

"Industry is now responding," said Cary Cooper, a professor of organizational psychology and health at Lancaster University, who says the imperative to be constantly reachable by iPhone or tablet is taking a toll on the work delivered at the office. "Employees are turning up, but they're not delivering anything."

After seeing colleagues lose

their jobs during the Great Recession, workers are more inclined to come in to work, even when sick, surveys show. After hours, physical presence is replaced a virtual one. Many employees fear switching off, instead deciding to work on vacation, during dinner and in bed with the help of smartphones, laptops and tablet computers. **THE ASSOCIATED PRESS**

### A quirky solution

To get everyone, from intern to CEO, to not overdo it with the work hours, some companies have resorted to bolder measures.

- Quirky, a New York based start-up that shepherds inventions to the marketplace, has instituted a "blackout" week once a quarter during which no one except customer-service representatives is allowed to work, lest employees be tempted to check email.
- And having the message come right from the top was important for Shirin Majid, the company's 39-year-old head of digital marketing, who laments not having enough time to spend with her husband and nine-month-old baby.



# HAPPY NEW LIFE!

Thanks for another year of recycling  
empty beverage containers.

Your empty beverage containers  
can be recycled into something  
useful. So let's ring in the  
New Year with cheerful sounds  
that jingle in your bin.



# HELLO DRONES, RIP PIZZA-MAN PORN

Amazon Czar Jeff Bezos, overstimulated perhaps by CyberMonday, has come with what is either the best — or the worst — idea ever.

The man who sells everything everywhere to everyone proposes to use flying mini-drones to deliver packages to customers within 30 minutes, wherever they are.

Still in the virtual stage, it will be years before the bot turns up at your door seeking your signature, but we need to get ready.

I mean, there are questions to be answered.

Do you tip a drone? Seeing as they're not working their way through drone school or supporting a family of dronettes, it probably won't be necessary. But you want to make sure. Just ask the Taliban what happens when there's an angry drone at the door.

Will drones still leave those illegible notes behind? You



**JUST SAYIN'**  
**Paul Sullivan**  
metronews.ca

know the ones scolding you for not being there at the drone's convenience and advising you to pick up your package at (can you read this?) at (is that between 9 and 5 or 5 and 9?)

Or, because they are programmed to hunt down your DNA, will they find you wherever you are even if you don't want to be found? Even if you really want the new 50 Shades of Grey Concordance, maybe you don't want it right now. On the toilet.

The delivery drone can be adapted for other uses. Pizza for instance. The drone is the perfect technology to get it to your door within 30 minutes or you eat for free. Of course, you'll never eat for free, as the drone

can be programmed to get there in precisely 29.99 minutes every time. I'm not sure why they'd want to do that, but that's what happens now and it seems to work for the pizza

delivery companies.

Added note: For some reason, the pizza delivery man occupies a special place in the annals of pornography. This would be the end of that. Tough to make out with the pizza man if he turns up sporting eight whirling rotors, like the Amazon prototype. There could be flying pepperoni ... at least.

That's hardly the most sinister adaptation of delivery drone technology. These things are essentially CCTV cameras with wings. If they can send one into space (like the Hubble telescope) to track down galaxies 14 billion light years away, they can find you at the neighbourhood pub.

Or delivering your neighbour's pizza.

You see, the more you think about this, the more you realize there are bugs that have to be ironed out. Bezos hopes to get his little bots airborne as early as 2015, but I suspect it will be a sunny day in Seattle before it happens.

Er, be right back. There's someone...or something...at the door.

## ZOOM

# Freaks of nature



## Bizarre animals revealed in book

They may not have the "Aw" factor of, say, pandas or sea otters, but these unique animals still deserve our attention.

A cynipid wasp and a sea slug called a nudibranch feature in *Animal Earth*, a new book that celebrates the weird and wonderful diversity on our planet. **METRO**

### By the numbers

## 200M

The number of species of animals that are still undiscovered, according to zoologist and author of *Animal Earth*, Ross Piper. "We know a great deal more about the surfaces of barren moons in space than we do about our own planet. There are so many fascinating animals around us, and we haven't gotten to grips even the tiniest bit with how they live," he said.

### More numbers

- **Unknown world.** 86 per cent of all species on land and 91 per cent of those in the seas have yet to be discovered, described and catalogued, according to a 2011 study.
- **Drop in the ocean.** Due to the abundance of life on our planet, the IUCN Red List — the most sophisticated ongoing project of studying threatened animals — monitors less than one per cent of the world's species.



TOMAS RAK, ALEXANDER SEMENOV/ANIMAL EARTH/THAMES & HUDSON

### Photog says:

"Sea slugs possess every colour and shape combination imaginable — they are one of the most vibrant groups in the sea."



Alexander Semenov, 28, photographer and zoologist at the White Sea Biological Station in Karelia, Russia

### Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

**As shoppers digest the announcement/confession/stunt that Amazon hopes to have flying robots deliver their goods, we take a look at other (real and not-so-real) drone delivery services:**

### TacoCopter:

Unveiled at tech conference Disrupt SF back in September, the TacoCopter was aerial robot designer Skycatch's answer to Californians' need for instant delicious Mexican food.

### DomiCopter:

You guessed it. Domino's goes drone with the DomiCopter.

### Oppikoppi music festival beer drop:

Since you can't have tacos or pizza without beer, there's a drone drop for that too. South Africa's Oppikoppi festival used GPS-guided drones to



PHOTO ILLUSTRATION:  
DAVID VAN DYKE/METRO

help music-lovers avoid long lines at the beer tent and drop cold brews to the parched brus.

### Twitter

**Merriam-Webster say searches for the word 'science' are up 176 per cent this year. What's the explanation for this?**

**@Ptwhohig:** The explanation is rooted in the confusion that exists over good & bad science as well as the politics of science. Climate change, fracking, pipelines, hydro development, Chris Hadfield, etc have all generated interest in science

**@ommoran:** Explanation? Students no longer sure what the word "science" means and having to "Google it".

**@deekes11:** I'm thinkin Breaking Bad has something to do with it #heisenberg

**@AliciaMarie\_09** maybe some awesome parents are showing girls there is more to life than twerking/selfies. Brains are sexy too!

**@likeibother** 176% is not a huge jump. It's actually just more than double. And it's taken from their own search web only

**@myomichu** Science sensationalized and turned into entertainment. Good for education but sometimes borderline fiction.

**@cailiey** I would bet @SarcasticRover has an idea why...he's currently doing a science on the red planet...

**@LeosBandwagon** isn't the answer clearly "science" itself #scienceisalwaysstheanswer

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [winnipegletters@metronews.ca](mailto:winnipegletters@metronews.ca)



# A happy holiday accident: How Love Actually left a starry legacy

**Cast of thousands.** As Richard Curtis notes, even the then-lesser-known actors in his 2003 romantic comedy are now major stars



Richard Curtis swears he didn't set out to make a Christmas classic with *Love Actually* — which just turned 10 years old — but that's what exactly happened. "I didn't really think that when I was writing the film. I certainly didn't think, 'This is a cunning commercial measure.' I just thought it was in the spirit of the film," Curtis tells Metro.

"Particularly in the States, I think it's become a Christmas thing. I think it's just kind of on a loop on some English TV stations (year-round), but I think it's become more of a Christmas thing. And it's delightful. I think you consider it lucky. I feel that a little bit about *Love Actually*, that I wrote a multi-thing movie, and because it was a Christmas one it looks like it's going to last."

What Curtis finds particularly entertaining is what's become of the film's massive cast, originally built as a mix of big stars (Hugh Grant, Emma Thompson) and lesser-known faces (Chiwetel Ejiofor, Andrew Lincoln).

"It now seems over-cast because half the cast weren't very well-known (at the time), only if you really watched English telly," he says. "And now with



Hugh Grant, as the British prime minister, and Martine McCutcheon, as his assistant, at a Christmas pageant in Richard Curtis' 2003 romantic comedy *Love Actually*. PETER MOUNTAIN/UNIVERSAL STUDIOS

Martin Freeman being the Hobbit and with (Lincoln on) *The Walking Dead* and with January Jones on *Mad Men* and Chiwetel now I hope going to win an Oscar this year, the movie's looking increasingly unbalanced. There was meant to be a balance between people you knew and people you didn't. Even Thomas Sangster, who played the little boy, is now on *Game of Thrones*."

In that spirit, here's a look at what the ensemble of *Love Actually* have been up to lately.

## The Prime Minister and Natalie

**Hugh Grant:** Currently filming *The Man from U.N.C.L.E.* for Guy Ritchie, Grant was last seen playing several nasty characters in *Cloud Atlas* and taking on Rupert Murdoch in the *News of the World* phone-

hacking scandal.

**Martine McCutcheon:** A familiar face with U.K. audiences when the film premiered thanks to her work on *EastEnders*, McCutcheon will next be seen in the TV movie *The Home Office*.

## Daniel and Sam

**Liam Neeson:** The esteemed Irish actor reinvented himself with 2008's *Taken* and has now become one of the most successful — if unlikely — action stars in the world.

**Thomas Brodie-Sangster:** The 23-year-old has grown up on TV and movie screens, with roles in *Doctor Who* and *Nowhere Boy*, and currently stars as Jojen Reed on *Game of Thrones*.

## Jamie and Aurelia

**Colin Firth:** Already a fan favorite at the time thanks to *Pride*

and *Prejudice* and *Bridget Jones's Diary*, the very busy Firth is now an Oscar winner for *The King's Speech*.

**Lúcia Moniz:** The Portuguese actress and singer has been working steadily on TV in her home country, most recently on *Bem-Vindos a Beirais*.

## Harry, Karen and Mia

**Emma Thompson:** The actress with the most heartbreaking and memorable scene in *Love Actually* is also earning plenty of Oscar buzz for this year's *Saving Mr. Banks*.

**Alan Rickman:** Forever known to a generation of fans as Professor Snape in the *Harry Potter* series, Rickman recently starred as Ronald Reagan in *Lee Daniels' The Butler* and N.Y.C. nightlife guru Hilly Kristal in *CBGB* and will next take on King Louis XIV in *A Little Chaos*.

**Heike Makatsch:** The German actress has been working steadily in Europe for the past decade and can be seen in theatres now in *The Book Thief*.

## Peter, Juliet and Mark

**Keira Knightley:** Already a star on the rise 10 years ago, Knightley is now an Oscar nominee who can next be seen in *Can a Song Save Your Life?* and *Jack Ryan: Shadow Recruit*.

**Chiwetel Ejiofor:** After years of under-the-radar supporting roles, Ejiofor is a Best Actor hopeful this year for the powerful *12 Years a Slave*.

**Andrew Lincoln:** Lincoln went relatively unnoticed for years until taking the lead role in TV's *The Walking Dead*, now in its fourth season.

## Billy Mack and Joe the manager

**Bill Nighy:** The incredibly busy Nighy — who turns 64 this month — most recently teamed with Richard Curtis for *About Time* and is set to start filming the sequel to *The Best Exotic Marigold Hotel* shortly.

**Gregor Fisher:** Fisher has been doing plenty of work on the small screen in Britain in series like *Empty*, *Rab C. Nesbitt* and *Love Life*.

## The naked stand-ins

**Martin Freeman:** He was already a TV star in the U.K. 10 years ago thanks to *The Office*, but now he's both Watson on *Sherlock* and the Hobbit in, well, *The Hobbit*.

**Joanna Page:** The Welsh actress has worked steadily on TV in the last decade — most notably as Stacey on *Gavin & Stacey* — and most recently popped up as Elizabeth I on the *Doctor Who* 50th anniversary special.

2  
SCENE



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Please bring a non-perishable food item or an unwrapped toy for the Christmas Cheer Board.



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# For Out of the Furnace, Bale morphs once more

## Hollywood chameleon.

An actor known for his physical transformations explains how he got into (and out of) shape for a variety of movie roles



IN  
FOCUS  
Richard Crouse  
scene@metronews.ca

Christian Bale likes to keep you guessing. The intense actor, who became a superstar playing Batman, makes chancy career choices on purpose.

"I like to think that as long as you continue choosing diverse roles, you can avoid becoming predictable," he says.

He could make a life (and a fortune) playing square-jawed superheroes in action movies, but instead chooses to shake things up.

Since his breakthrough performance in 1987's *Empire of the Sun* he has been a chameleon, losing sixty pounds

to play the skeletal lead in *The Machinist* and gaining a beer gut and a comb-over for an upcoming role in *American Hustle*.

This weekend in *Out of the Furnace* he changes it up once again. He stars as a steel mill worker pushed to extremes when his Iraq war veteran brother (Casey Affleck) gets mixed up with the wrong people and disappears.

The vengeance angle sounds Batmanesque, but *Out of the Furnace* is set far away from Gotham in the economically-depressed Rust Belt. There isn't a cowl or a cape in sight, and Bale has once again physically transformed himself. Here's a look at how Bale physically changes it up for his movie roles.

### American Psycho

Creating the "Olympian physique" of serial killer Patrick Bateman in *American Psycho* took some discipline. "I'm English," he said, "and in England, we don't have many gyms around. We'd rather go to a pub instead." A trainer and a protein diet took off the pounds.

### The Fighter

As boxer and former drug addict Dicky Eklund in *The Fighter* he dropped thirty pounds and used make-up and prosthetics to age himself. How did he lose the weight? "Usually I always say, 'Oh, I do a lot of coke whenever I lose weight.' I'm not sure if it's so funny for this movie, to say that." In reality he trained with the real-life Eklund and boxed the pounds off.

### Velvet Goldmine

In *Velvet Goldmine* he plays a London journalist looking into the life and faked death of glam rock singer Brian Slade (Jonathan Rhys Meyers). Once again he had to physically transform, but not in the traditional way.

When his mom saw that he was working out and running at 6 a.m. she said, "Christian, what are you doing? You're doing a film about sex, drugs and rock 'n' roll. Why don't you do it the way they did it? They weren't out running. They drank a helluva lot and lived unhealthily."

"I took that to heart," he says, "and it works."



Christian Bale, left, and Casey Affleck in a scene from *Out of the Furnace*. KERRY HAYES/RELATIVITY MEDIA

# GOOD TIMES ROLL.

**SHARK CLUB**  
sports bar grill gaming

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ARE JUST STEPS AWAY.

REMEMBER...  
KEEP IT A GAME.





Diane Lane

## She's no Lois, but Lane is single ahead of role in Superman flick

Josh Brolin and Diane Lane have finalized their divorce and are officially single, according to E! News.

The couple was married for eight years before Lane filed for divorce in February.

"It is very amicable," a source says.

"It's not ugly, it's just over."

Lane is currently gearing up to film Batman vs. Superman, while Brolin most recently checked himself into rehab for alcohol abuse.



Lindsay Lohan

## Lohan to sue Grand Theft Auto V

Lindsay Lohan is reportedly set to send her lawyers after the makers of Grand Theft Auto V because she believes they used her image without permission to create a character in the hugely successful video game, according to TMZ.

One part of the gameplay involves hiding a Lohan-esque character from the paparazzi, while another tasks players to photograph her having sex at a hotel that resembles Lohan's regular hangout the Chateau Marmont.

Lohan's lawyers are reportedly crafting a suit that demands significant compensation.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Walker died on a 'hot spot for street racers,' say police

While the neighbourhood where Fast & Furious star Paul Walker died in a fiery crash is known to attract street racers, law enforcement officials do not believe the Porsche he and a friend were riding in had been racing another car.

Accident investigators "have received eyewitness statements that the car involved was travelling alone at a high rate of speed," the Los Angeles County Sheriff's Department said in a statement Monday. "No eyewitness has contacted the (department) to say there was a second vehicle."

Walker and his friend and fellow fast-car enthusiast Roger Rodas died Saturday when Rodas' 2005 Porsche Carrera GT smashed into a light pole and tree, then exploded in flames. The posted limit was 45 m.p.h. (about 72 km/h).

The two had taken what

was expected to be a brief drive away from a charity fundraiser and toy drive at Rodas' custom car shop in Valencia, about 30 miles northwest of Los Angeles. Walker's publicist said the action star was the passenger. The crash happened on a street that forms an approximately one-mile loop amid industrial office parks. It is rimmed by hills and relatively isolated from traffic, especially on weekends when the businesses are closed.

"It's well-known out here that that's a hot spot for street racers," California Highway Patrol Sgt. Rick Miller said.

Skid marks are a testament to past antics on the loop. The sheriff's department, which polices the neighbourhood, said Saturday's wreck was not the first speed-related crash there, but would not reveal specifics.

Meanwhile, investigators are consulting video from security cameras, talking to witnesses and analyzing physical evidence such as on-board computer data from the Porsche.

THE ASSOCIATED PRESS



George Clooney. ALL PHOTOS GETTY IMAGES

## George Clooney hasn't found the right woman

It turns out George Clooney just hasn't met the right woman yet. As part of a questionnaire by artist Tracey Emin used for a "text portrait" of the actor in W magazine, Clooney was asked who the love of his life is or was, and his response?

"I haven't met her yet."

But don't feel too bad for Clooney, as the hard-working actor has at least managed to find a way to avoid homesickness.

"I spend eight months a year in a one-bedroom hotel room in a city I probably

wouldn't vacation in," he says. "But no city, no space fails to be a home if your family and friends can find the time to visit. I get desperately, depressingly homesick if I can't find a way to be near the people that bring joy wherever they go."

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

3  
LIFE

## Only the best in sunny Key West

**Party spot.** Warm Florida town rivals New Orleans for wild street life and just plain old fun



**JIM BYERS**  
@jimbyerstravel  
jimbyerstravel.com

Wild, weird and utterly wonderful.

From sunset cheers to cheap beers, and from wacky parades to fine cuisine, Key West might be the only town in North America that give New Orleans a run for its money in terms of forget all your cares, down and dirty fun. Here's a look.

#### Doing

America doesn't mind selling guns to almost anyone, but they generally frown on sipping an adult beverage on a public street. Go figure. Lucky for you, Key West encourages us to take the libation of our choice and stroll down Duval Street, all the while wearing just about anything that might strike our fancy. Everything you've heard about this street is true; cross-dressers give you the come on as you parade past, tiny bars offer dollar beers (okay, American beers, but still) and gays and lesbians and transgendered folks mingle with gawking tourists from Peterborough



Sunsets at Mallory Square in Key West are an event with lots of drinking and wild applause. JIM BYERS/METRO

and Pennsylvania. Crowds gather nightly at Mallory Square to watch the sunset and applaud the majesty. Tacky? Maybe. But tons of fun, and a great way to meet people. Duval is a parade almost any night, but it's especially wild around Mardi Gras and Halloween. Too much excitement? Try a wonderful, peaceful sail on a classic schooner. For \$5, you'll get a 90-minute ride on the shimmering green waters of the Florida Keys. Free sodas and beer, wine or champagne for

a buck. You also could retreat into the quiet of the beautiful, white St. Paul's Episcopal Church if you really want a respite.

#### Sleeping

Should you choose to actually go to bed, the options are endless. High end luxury types can opt for the Casa Marina, a Waldorf Astoria resort. Rooms aren't large in an old place like this but it's beautiful, and you can arrange for a dinner just steps from the sand. Rooms

listed recently for \$179 and up in December. Close to the action, but a world apart. Closer to Duval, but still far enough away, is the Key Lime Inn, part of the Historic Key West Inns group. The pool isn't fancy but the units are Florida chic and the folks friendly as can be. Rooms from about \$159 in December.

#### Dining

Seven Fish is a dynamite spot near the Key Lime Inn, offering luscious fish, and, I'm told, excellent meat

#### Learning

Killed too many brain cells and need a jolt of something historical? Check out the Truman "Little White House" on Front Street to see where Harry S. himself did some of his work. Or look into the Hemingway Home and Museum, one-time hang-out of the famous author and former Toronto Star correspondent, or the Key West Heritage House Museum and Robert Frost Cottage. Then, just to even things out, walk down to Duval, grab a Heineken and watch the party. My God, you didn't come to Key West to better your education, did you?

loaf. Looking for something more, well, Floridian? You can't beat the casual, outdoor dining at Blue Heaven, where one of the buildings used to be a bordello and where stray cats or chickens often roam among tables set under luxurious palms and a giant sail.

#### Drinking

Too many to mention. But try Sloppy Joe's on Duval or Jimmy Buffett's Margaritaville. Other great spots include the Green Parrot on Whitehead St., which Playboy magazine once called the definitive Key West saloon.

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# Los Cabos with a SoCal vibe

Located where the Pacific Ocean meets the Sea of Cortez, Los Cabos has gained a reputation as a desert playground for the stars. Secluded on the southern tip of the Baja peninsula, the communities of Cabo San Lucas and San Jose del Cabo appear more SoCal than Mexico, offering everything from spas and eco tours to exclusive resorts.

DEAN LISK  
dean.lisk@metronews.ca

## Esperanza, an Auberge Resort

Situated a few minutes outside Cabo San Lucas, the resort hosted Barack Obama and Hillary Rodham Clinton during the G20 conference in 2012. Each of the resort's 57 rooms occupy an entire floor of a series of casitas — small houses — that make up the resort. All rooms face the Sea of Cortez, with the upper floors featuring floor-to-ceiling windows that can be swung open to create an indoor-outdoor living space, including a private hot tub on the terrace. The resort's spa was recently named the best in Latin America by Travel + Leisure. [esperanzaresort.com](http://esperanzaresort.com)



## Flora Farm

Found near San Jose del Cabo, Flora Farm was built more than a decade ago by a California couple keen on carving an organic farm out of the desert landscape. The 10-acre complex has become a popular dining spot for locals and visitors, with everything cooked either grown on site or — in the case of the meat — raised at a second 150-acre farm owned by Flora's owners. Reservations are recommended. [flora-farms.com](http://flora-farms.com).



## The Arch - El Arco

A rock formation at the southern tip of Cabo, the area features a number of beaches along with eroded areas that act as doorways where the Sea of Cortez crashes against the Pacific Ocean. On the sea side, a series of beaches, like Lovers and Pelican Rock, drop off swiftly, with the water depth reaching 25 to more than 500 feet within a few metres of shore. On the ocean side, the current along Divorce Beach is too strong for swimming, but its position facing west means more tanning time.



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	Economy from	Business from
<b>Toronto</b> Travel Jan 16 - Jan 23	<b>\$435</b>	<b>\$1451</b>

<b>Vancouver</b> Travel Jan 22 - Jan 29	<b>\$489</b>	<b>\$1608</b>
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<b>New York</b> Travel Jan 14 - Jan 21	<b>\$499</b>	<b>\$1289</b>
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<b>Miami</b> Travel Mar 18 - Mar 25	<b>\$529</b>	<b>\$1549</b>
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<b>Los Angeles</b> Travel Jan 15 - Jan 22	<b>\$629</b>	<b>\$2277</b>
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<b>Hong Kong</b> Travel May 12 - May 26	<b>\$949</b>	<b>\$5296</b>
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<b>London</b> Travel Feb 11 - Feb 25	<b>\$1279</b>	<b>\$3099</b>
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### Flights

**Puerto Vallarta**  
**\$495**  
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Travel Feb 21 - Mar 6

<b>Edmonton</b> Travel Jan 15 - Jan 22	from <b>\$449</b>
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<b>Cancun</b> Travel May 13 - May 20	from <b>\$495</b>
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<b>Orlando</b> Travel Jan 21 - Jan 28	from <b>\$559</b>
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<b>Fort Lauderdale</b> Travel May 6 - May 13	from <b>\$585</b>
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<b>Jamaica</b> Travel Dec 10 - Dec 17	from <b>\$595</b>
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<b>Honolulu</b> Travel Feb 19 - Mar 5	from <b>\$639</b>
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<b>San Francisco</b> Travel Jan 20 - Jan 27	from <b>\$639</b>
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# Roll everything minus the kitchen sink into these sweet and salty treats

This is the cookie to make when you're looking to clean out the cupboards.

You'll pack them with all manner of treats — and oddities — from rolled oats,

## Ingredients

- 1 cup (2 sticks) unsalted butter, room temperature
- 1 cup packed brown sugar
- 1/2 cup granulated sugar
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp kosher salt
- 1 egg
- 1 egg yolk
- 2 tsp vanilla extract
- 2 tbsp previously brewed coffee grounds
- 2 cups all-purpose flour
- 3/4 cup rolled oats
- 3/4 cup chopped prunes
- 1 cup crushed wavy potato chips
- 1 cup salted peanuts
- 1 cup chopped bittersweet chocolate

peanuts and chocolate chips to chopped prunes, crushed potato chips and even coffee grounds (trust us on that last one). The more unusual the combination, the better the results. But don't feel you have to stop there. Got any other crackers, chips, nuts or dried fruit handy? Toss them in and let these cookies truly earn their kitchen sink name.

1. Heat the oven to 350 F. Line a large baking sheet with kitchen parchment.

2. In a large bowl, use an electric mixer to beat together the butter, both sugars, baking soda, baking powder and salt until light and fluffy. Beat in the egg, egg yolk, vanilla and coffee grounds. Stir in the flour, then stir in the oats, prunes, potato chips, peanuts and chocolate.

3. Working in batches, scoop one tablespoon-sized balls of dough onto the prepared bak-

## Sweet-and-Salty Kitchen Sink Cookies



This recipe makes four and a half dozen cookies. MATTHEW MEAD, THE ASSOCIATED PRESS

ing sheet, leaving 2 inches between the cookies. Bake for 11 to 13 minutes, or until light golden brown. Allow the cook-

ies to cool for 5 minutes on the baking sheet before transferring to a rack to cool completely. Allow the baking sheet to

cool between batches. Store in an airtight container at room temperature.

THE ASSOCIATED PRESS

## Drink of the Week

### Bombay Butter Toddy

- 1 and 1/2 oz Bombay Sapphire
  - 1/2 oz Drambuie
  - 6 oz Mulled Apple Cider
  - 1 knob butter
- #### Mulled Apple Cider
- 2 L apple cider
  - 4 cinnamon sticks
  - 4 orange slices
  - 2 tbsp brown sugar
  - 1 tbsp nutmeg
  - 1 tbsp whole allspice
  - 1 tbsp whole cloves
  - 1/2 inch fresh ginger (cut into coins)

On medium heat, mull the apple cider for an hour. Stir occasionally. Add Bombay Sapphire, Drambuie and a knob of butter to mug. Pour in mulled cider. Garnish with cinnamon stick and apple slice. Use cinnamon stick to stir in butter as it melts into drink. TROY GILCHRIST/ BOMBAY SAPPHIRE



# Freeze-dried strawberries add blast of flavour

1. In bowl, use electric mixer to beat together the butter, sugar, vanilla, baking powder and salt. Add the egg yolks and beat to

combine. Stir in the flour until a dough just comes together. Stir in the strawberries and pistachios until evenly distributed.

## Ingredients

- 1 cup (2 sticks) unsalted butter, room temperature
- 1 cup sugar
- 2 tsp vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp salt
- 2 egg yolks
- 2 cups all-purpose flour
- 1 cup crushed freeze-dried strawberries
- 1 cup chopped shelled pistachios
- Sanding (coarse decorating) sugar

2. Divide the dough in half. Using a sheet of waxed paper to help you work with the dough, shape each half into a log 1 1/2 inches around and 12 inches long. Wrap tightly and refrigerate for at least 3 hours.

3. When ready to bake, heat the oven to 375 F.

4. Place the sanding sugar in a dinner plate. Unwrap one of the logs and roll it in the sugar to coat the sides. Using a pairing knife, slice the log into about 30

rounds. To prevent the log from losing its shape, turn the log a little with each slice. Working in batches, arrange the slices on a baking sheet, leaving 1 inch between them.

5. Bake for 15 to 17 minutes, or until golden brown around the edges. Transfer to a rack to cool completely. Repeat with the remaining log.

6. Store cookies in an airtight container at room temperature.

THE ASSOCIATED PRESS

## Strawberry Pistachio Icebox Cookies



This recipe makes five dozen cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

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# Back away from the tech device and take it all in

## Books without beeps.

A professor pitches the idea of putting cellphones away in hopes of inspiring authentic interaction

VICKI  
SALEMI

Metro World News

Pick a campus, any campus. As you stroll around, chances are you'll notice fewer students without a tech device than with them: all the more reason for Andrew Reiner, an English professor at Towson University, to teach his course, *The Search for Intimacy in the Age of Facebook*.

"As I started teaching at the college level, I was getting a vibe there was a lot of disconnect. Whether it was walking to dining halls, libraries or when I'd walk into class — there were endless amounts of phone activity and Facebooking."

Reiner's overall purpose was to help students find authenticity and springboard into relationships with others. He wants his students to disengage online to re-engage offline. For instance, Reiner has given students a tech-free assignment based on an essay from a book called *The Sabbath*. Reiner realizes that he can't deny students their technology, but he encourages them to become independent from it, taking a four-hour break from social media as part of the class.

"It's really not that long, but to them it was a lifetime," he



Does the thought of putting your phone down for five minutes send shivers down your spine? Try four hours. ISTOCK

### Status update slow-down

**"The need to be in touch breeds hyper-conformity. You're like a pariah if you're not on Facebook for a day."**

Andrew Reiner  
English professor

explains. "They had to do something by themselves that did not involve homework or being plugged in and write a guided reflection. Reflections that came back spoke to a kind of disconnect from themselves."

In another recent assignment, students sat alone in a crowded lunchroom. They weren't allowed to use smartphones, laptops, do school-work, use social media or text.

"The need to be in touch breeds hyper-conformity. You're like a pariah if you're not on Facebook for a day."

Describing it as a "very deliberate and conscious way" to defy technology, Reiner's goal is to teach students to be in control of technology and not the other way around.

"All it really requires is the willingness to impose some boundaries on the extent to which I get back to people and the speed at which I get back to [them]," he says. Reiner fears that not setting boundaries for technology may have dire implications for society. "I'm scared for our culture, for the world that my 2-year-old is entering into," he says. In order to set boundaries and reconnect with life offline — in addition to regular four-hour "Sabbaths"

— Reiner recommends writing monthly letters to tell someone something you have wanted to share for "a few days, months or even years."

And make it meaningful, he recommends: "Tell them something that deeply matters to you, whether it's resentment, hurt or gratitude. ... Frame the truth in an honest, respectful tone. [It's] about reconnecting with a deeper, personal authenticity and discovering that confrontation can be civil and productive without the stress."

Students weigh  
in on letting go of  
technology

Leonard Randall Chisolm,  
college sophomore:

"Technology is great; it's a

great way to stay in touch.

I think some people abuse it and at times I have abused it but there are some times you have to control yourself and say, 'Get me get back to the real world.' I'll go to the gym and leave my phone down for two or three hours and play basketball. I come back to my phone. I can be okay with it; there are one or two things you may miss but I don't think you're missing the whole world. Maybe you want to be the first person to see a funny video, see a funny picture or a game score but it's the internet so you'll always be able to find it somewhere."

Grace Delmar,  
university sophomore:

"I try not to use electronics like my phone when I am eating with friends, as I find it impolite and distracting from the present. However, if I am eating alone, it is a much different story. If I were sitting alone at lunch, I would be very uncomfortable without technology. I wouldn't really know what to do or look at."

"I think that's part of the fear of going without technology, though I also think it has to do with worrying about how other perceive you. Though some are comfortable eating alone, I am not, as I feel people might be judging me or feeling sorry for me. Though I'm sure this is not the case, I know many people at many different colleges who feel the same. Having a phone or computer out can be a distraction from this

### TalentEgg asks...

#QuestionoftheDay:  
Is it a bad idea to  
be Facebook friends  
with a professional  
contact? Why (not)?



• @nikkiwray: @TalentEgg Depends on company culture. I have been FB friends with my boss + team. We shared fun content on FB @ work! #questionoftheday

• @mp256: @TalentEgg No. I prefer to segregate my personal and professional life #QuestionoftheDay

• @EDSPowell: @TalentEgg I am Facebook friends with my long-time associate @mikerice. It's never been a problem — he sent me a cat picture on my birthday.

• @ThatPrince: @TalentEgg It depends on the circumstances. A lot of community managers become Facebook friends with co-workers to grant admin privileges

• @Recruit\_Campus: @TalentEgg: #QuestionoftheDay! Usually yes, I'd recommend waiting until one of you leaves the company before connecting!

• @Tomiibecca: @TalentEgg depends on your role. For managers who have people reporting to them it's usually better to separate work/personal.

feeling, or it can make us feel more connected with friends and people who aren't there. Perhaps as a little self-esteem boost and a sense of comfort that we're not alone."



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# Adopting smart spending habits during school years makes cents

## Wallet wisdom.

Between seminars, study sessions and social events, there are pennies that need to be pinched

RIANA  
TOPAN

TalentEgg.ca

It can be tough to follow a strict budget at a time when you're constantly bombarded with opportunities to consume.

These simple tips will help you to reduce your spending without feeling like you're making huge sacrifices to your quality of life.

## Write it down

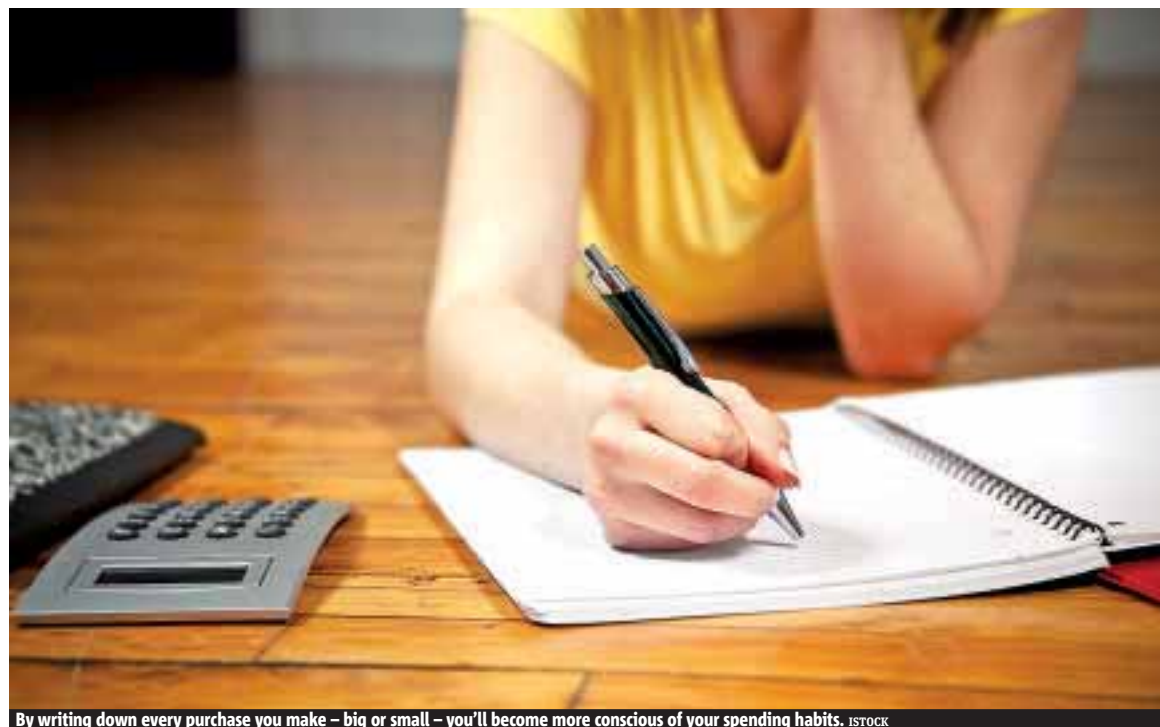
If you don't make any effort to track how much money you're spending, you may be setting yourself up for a nasty shock when your credit card bill arrives — or when you finally decide to check your balance online.

Keep a simple tally of the money you spend each day in a notebook or on your phone.

## Think outside the box

You don't have to shell out cash every time you want to get together with friends. Instead of going out for drinks, dinner or to a show, try a potluck or dinner in, a board game or movie night, a visit to a museum or gallery (many are free during certain periods) or a casual game of soccer, basketball or volleyball.

You can also try picking up



By writing down every purchase you make – big or small – you'll become more conscious of your spending habits. ISTOCK

a hobby depending on your interests – like painting or starting your own book club, jogging outdoors or joining a library where you can take out books, CDs and DVDs for free.

## Walk the talk, literally

Transportation can be incredibly expensive.

Sometimes it's not possible to walk, cycle or skate to your destination, but whenever you can make a journey on foot, do. When you need to find an alternate means of transportation, choose the bus first – it's usually the cheapest mode

of transit. Carpooling is also a good option if you have a friend or colleague with a car.

## Get creative in the kitchen

Buying ready-made food and drinks from restaurants, take-out joints or cafés is much less cost effective than making your own meals at home.

To help you make the transition, carry portable snacks like fruit or granola bars with you in case you get hungry on the go. To save time on meal preparation, try doing most of your cooking on a designated day of the week like a Saturday

or Sunday, then use the leftovers for lunches and dinners over the following 4-5 days.

## Handle with care

The three Rs (reduce, reuse and recycle) don't just apply to protecting the environment.

Reducing the number of purchases you make will help you save money, but you can also get more bang for your buck by taking good care of the items you buy. By being careful with your stuff (clothes, shoes, accessories, books, bags, dishes, pots and pans, cellphones and iPods, the list goes on), the

longer it will last you and the less often you'll have to buy replacements.

## Be thrifty

Try buying clothes, books and household items second-hand. If you're not used to shopping at thrift stores it can be a bit of an adjustment, but you really can't beat the prices. You can check out the larger thrift store chains or shop at independent thrift or consignment stores.

Make sure you give yourself some extra time for shopping since you'll probably want to

## Plan ahead

When you know that you're going to need to make a purchase soon, like an outfit for a special event or a new car, it pays to shop around

- You know those people who start their holiday shopping in September? They know what they're doing. By getting a head start, they're making sure that they aren't left at the mercy of retailers who know that they can charge more when customers have no other options.

go through the store one item at a time. Consignment stores are also a great place to get rid of unwanted clothes and get some of your money back without having to go through too much trouble.

## Buy smart

Paper products, cleaning supplies, toiletries and non-perishable food items are things you're always going to need – so while it may feel a little odd to buy six tubes of toothpaste, it makes sense to buy extra to maximize your savings.

Invest in a few high-quality items that will save you money over the long run, like a good winter coat, well-made shoes, a strong backpack, a reliable travel mug or high-efficiency home appliances.

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# Worldly work: the best excuse to say bon voyage



Landing a job in another country will make you work outside your comfort zone and push you to grow. ISTOCK

**Have ambition, will travel.** Four ways that working while travelling can boost your career

**TANIA DESA**  
TalentEgg.ca

You just sent in another job application.

But while you're trying to line up some much-needed work experience to put on your CV, you secretly dream of jumping on a train with a Euro rail pass and exploring the winding streets of Paris this summer.

Ready for some red-hot truth? You can have both.

The world is flat, haven't you heard? So get your running shoes on and explore the internship opportunities that exist all around the globe. To be sure, it isn't easy. Finding work abroad takes extra effort and some major motivation.

However, working abroad not only gives you the chance to live out the adventure of your dreams — you'll also gain

international experience that will differentiate your resumé from the pile.

Still on the fence? Here are the top four ways international work experience could propel your career (and life):

## Learn to work with different cultures

Your resumé probably includes some generic skills or experiences. For example, you might describe your retail experience as having taught you to be a "good team member" who "excels at communicating with diverse groups."

These are important skills, but they also sound generic.

Working abroad provides you with a learning experience that is both unique and substantial.

When you find yourself emerged in a new societal culture as well as a new corporate culture, you will double your learning.

You will have the opportunity to observe the unique chain of command, dynamics of team meetings and even lunchtime rituals. Your intercultural competence will grow if you are open to the experiences, obser-

## Make a difference

**Taking on a global internship gives you the opportunity to contribute your unique skill set to an organization or a community that needs it**

- Perhaps you have a dream of giving back to a community in need or a city in crisis. Taking on a voluntary internship at an NGO, startup or government organization will not only enable you to give back but also equip you with valuable leadership and practical skills that will be stepping stones in your career.

ventions and stories that unfold.

## Enhance your employability and resumé

Imagine witnessing how contracts are negotiated in India, how a product is launched in Germany or how the R&D process works in Japan.

By working abroad, you have the unique ability to learn how processes, procedures and

business operate in different countries. You will witness and learn to appreciate the differences and similarities between the Canadian and foreign markets. Working abroad can enhance your communication skills, flexibility and adaptability. International assignments give you exposure to emerging or developed foreign markets in order to give you the leading edge in our increasingly globalized world.

## Build global networks

Developing a solid community of contacts is an essential career-building step.

Working abroad will enable you to create new global contacts, explore new industries and learn about career avenues you may not even be aware of.

As you mingle with colleagues in the office and make friends outside of work, you will create relationships that can aid in building a truly global career. Learn people's stories and be genuinely curious.

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NHL

## Sharks stay hot north of the border

The San Jose Sharks won their sixth consecutive game and ninth in their past 10, outshooting the Leafs 41-30 on their way to a 4-2 win in Toronto.

It was the Leafs' fifth straight loss.

Former Leafs forward Mike Brown, Joe Thornton, Brad Stuart and Logan Couture scored for the Sharks. Mason Raymond and Phil Kessel scored for Toronto.

THE CANADIAN PRESS

Moneyball

## Beane wheelin' and dealin'

Billy Beane is busy dealing in December once again.

In one whirlwind stretch of less than 24 hours, the Oakland general manager pulled off a trio of trades with three different clubs and upgraded Oakland's bullpen in the process.

The A's acquired AL saves leader Jim Johnson, right-handed reliever Luke Gregerson and outfielder Craig Gentry in trades all since Monday night.

Oakland also is waiting on lefty Scott Kazmir's physical to finalize a \$22-million, two-year contract. THE ASSOCIATED PRESS

Skiing

## Vonn could return at Lake Louise

Lindsey Vonn has been cleared to begin World Cup downhill training.

The U.S. Ski Team team said that a decision on whether Vonn will return to competition at Lake Louise will be made after Thursday's training session. THE ASSOCIATED PRESS

CFL

## Als end wait, name Weightman team president

After leaving the president's office vacant for 18 months, the Montreal Alouettes opted to hire from within.

The club announced Tuesday that Mark Weightman, the former Chief Operating Officer, will be the new president and CEO. THE CANADIAN PRESS



With a 2-2 record, Rachel Homan's Ottawa rink is still in the mix at the Roar of the Rings Olympic curling trials in Winnipeg. JOHN WOODS/THE CANADIAN PRESS

# Jones, Sweeting are sweeping successes

... so far. Pair share lead at Roar of the Rings with crucial draws coming up

Two teams share the top of the standings on the women's side at the Canadian Olympic curling trials going into play Wednesday.

Jennifer Jones and Val Sweeting sat at 3-1 after Tuesday's draw.

Sweeting is technically in the lead, thanks to handing Jones her only loss so far. But at this point, it's what happens next that all 16 teams know

matters most.

"It will be the turning point Wednesday, Thursday, obviously," said Heather Nedohin, who handed Sweeting her first loss with a last rock draw to win a tight game 6-5.

"I don't think anyone at the trials ever has done this undefeated," said Sweeting. "I thought we just got outplayed."

Both teams curl out of the Saville Community Sports Centre in Edmonton.

Nedohin sits in a four-team logjam below the leaders at 2-2 with Renee Sonnenberg and Sherry Middaugh at 1-3, and unlikely to move on.

"Three losses is going to

Men's action

Both Kevin Martin and Brad Jacobs won their matches on Tuesday night to stay undefeated in the men's side.

- Winnipeg's Jeff Stoughton beat John Epping 4-3 in the morning, but his loss to John Morris in the evening virtually eliminates him from the playoffs.

be tough to make it in," said Sonnenberg.

"If we can finish above .500 that's a feather in our hat too." Jones dominated Sonnen-

berg from start to finish Tuesday shaking hands at 7-2 after the eighth. It was a solid comeback after Monday night's 9-6 loss to Sweeting, which included a disastrous four in the seventh end.

"I don't know if we gave it away, we just made too many mistakes so it wasn't our best effort," said Jones.

"I thought we bounced back as well as we could have today."

Saskatoon's Stefanie Lawton earned her second win with a 7-5 decision over Winnipeg's Chelsea Carey and in an all-Ontario game. Sherry Middaugh bowed 6-5 to Rachel Homan in an extra end.

THE CANADIAN PRESS

## NHL. The Great One scores \$8M settlement



Wayne Gretzky at the Capitals-Canadiens game in Washington on Nov. 22. GREG Fiume/GETTY IMAGES

The NHL has reached a settlement with Wayne Gretzky to pay him money owed from his time with the Phoenix Coyotes, multiple sources with knowledge of the situation told The Canadian Press.

It was worth close to \$8 million US, according to one source, who spoke on condition of anonymity.

Gretzky was owed money from former Coyotes owner Jerry Moyes. He filed for bankruptcy in 2009, leading to the NHL's ownership of the team

until it was sold to a group led by Canadian businessmen this past summer.

Gretzky had served as coach and head of hockey operations before the Coyotes went bankrupt.

He made an appearance on the red carpet at last month's Hockey Hall of Fame induction ceremony at the insistence of Chris Chelios. Since then, he was seen at a Washington Capitals game sitting with owner Ted Leonsis.

But Gretzky hadn't been

officially involved with the NHL since the Coyotes situation.

"I'm always close to the game," Gretzky said last month at the Hall of Fame. "The game's always been good to me. The National Hockey League commissioner's office, they have always treated me with a great deal of respect and always been good to me. I've chosen at this point in time to take a step back and be a fan like everyone else and watch." THE CANADIAN PRESS



A great start to the 2013-14 NHL season likely isn't enough to send Bryan Little to Sochi on Team Canada. GETTY IMAGES FILE

# Jets on the radar of their national teams



## THE HOCKEY NEWS

Matt Larkin  
winipeg@metronews.ca

December means the holiday season has arrived. More importantly, for rabid hockey fans around the world, December also means it's almost time for Olympic nations to announce their rosters for the 2014 Sochi Games.

Here's a look at which Winnipeg Jets are in the mix to represent their countries. Tobias Enstrom is not included as the Swedish blue-liner decided to skip the Games and focus the NHL.

### THE LOCKS

**1. Ondrej Pavelec, Czech Republic:** Pavelec is not Winnipeg's best player, but he has a real chance to start in goal at the Sochi Games. Tomas Vokoun's serious blood clot problem and retirement from international play opened that door.

**2. Michael Frolik, Czech Republic:** He's a Stanley Cup winner whose two-way play has steadily improved. His of-

fence has spiked in Winnipeg and media buzz around the Czech team suggests the big winger is all but guaranteed a spot alongside Pavelec.

### IN THE HUNT

**1. Dustin Byfuglien, USA:** Big Buff would boost the Americans' power play with his shot. Even on the international-size ice surface, he isn't the liability he's made out to be, as he skates well for his size. The question is more if the U.S. brass want to take a risk with his freewheeling style. Still, it would be more shocking for him to not make the team than to make it.

**2. Olli Jokinen, Finland:** Jokinen won't be relied upon as a go-to scorer this time around, but can provide veteran secondary scoring. He was invited to Finland's summer camp and should make the Sochi squad.

### ON THE BUBBLE

**1. Andrew Ladd, Canada:** The Jets' captain is making a late push for Olympic consideration. He drives to the net hard and he's dynamite in shootouts, where six goals are two more than any NHLer.

That said, Ladd probably has too many more naturally gifted players to leapfrog. If he makes the team, it will be a surprise pick in the vein of Rob Zamuner in 1998 or Kris Draper in 2006.

### 2. Blake Wheeler, USA:

Wheeler looked good for Sochi after last season, but his scoring touch has eluded him a bit. Now he may be on the outside looking in, battling for a spot with the likes of the Islanders' Kyle Okposo.

### 3. Bryan Little, Canada:

He's been the Jets' best player and one of the NHL's top offensive weapons in 2013-14. On short-term merit, Little arguably deserves a spot on the team, but given his previous numbers, Canada will likely view Little simply as a hot player who won't be scoring at the same clip by the time Sochi rolls around. Little making Canada would be an absolute stunner.

**Other players unlikely to crack their squads:** Evander Kane (Canada) and Zach Bogosian (USA). Kane has been too inconsistent and Bogosian can't stay healthy.

## Monthly honours

### NHL raises Kane to first-star status

Chicago right-winger Patrick Kane has earned the NHL's first star of the month honours after leading the Blackhawks to 12 wins in 15 games in November.

Pittsburgh Penguins centre Evgeni Malkin is the second star, while Minne-

sota Wild goaltender Josh Harding was named the third star.

Kane scored nine goals — including four game-winners — to rank second in the league, and helped the Blackhawks (20-4-4, 44 points) move into first in the NHL standings. He recorded at least a point in 13 of 15 games, and posted a career-long, 12-game point streak from Nov. 3-27.

THE CANADIAN PRESS

## Rogers Place

### Oilers sell naming rights to future arena

Rogers Communications has acquired the naming rights for the Edmonton Oilers' future downtown arena.

The building will be called Rogers Place.

THE CANADIAN PRESS

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Montreal	28	16	9	3	76	59	35
Detroit	28	14	7	7	78	73	35
Tampa Bay	27	16	10	1	76	67	33
Toronto	28	14	11	3	77	77	31
Ottawa	28	11	13	4	82	92	26
Florida	28	7	16	5	61	95	19
Buffalo	28	6	20	2	48	85	14

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	29	19	9	1	89	66	39
Washington	28	14	12	2	83	82	30
NY Rangers	28	14	14	0	62	71	28
New Jersey	28	11	12	5	61	67	27
Carolina	28	11	12	5	61	79	27
Philadelphia	27	12	13	2	57	65	26
Columbus	28	11	14	3	68	80	25
NY Islanders	28	8	15	5	74	96	21

#### Tuesday's results

San Jose 4 Toronto 2  
Ottawa 4 Florida 2  
Carolina 4 Washington 1  
Pittsburgh 3 NY Islanders 2 (OT)  
Columbus 1 Tampa Bay 0  
Vancouver at Nashville  
Dallas at Chicago  
Phoenix at Edmonton  
Los Angeles at Anaheim

#### Monday's results

Winnipeg 5 NY Rangers 2  
Montreal 3 New Jersey 2  
Minnesota 2 Philadelphia 0  
Los Angeles 3 St. Louis 2  
**Wednesday's games — All times Eastern**  
Montreal at New Jersey, 7 p.m.  
Philadelphia at Detroit, 8 p.m.  
Phoenix at Calgary, 10 p.m.

#### Thursday's games

Dallas at Toronto, 7 p.m.  
San Jose at Pittsburgh, 7 p.m.  
NY Rangers at Buffalo, 7 p.m.  
Winnipeg at Florida, 7:30 p.m.  
Boston at Montreal, 7:30 p.m.  
Ottawa at Tampa Bay, 7:30 p.m.  
Carolina at Nashville, 8 p.m.  
NY Islanders at St. Louis, 8 p.m.  
Chicago at Minnesota, 8 p.m.  
Colorado at Edmonton, 9:30 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	26	18	5	3	91	60	39
Colorado	25	19	6	0	76	52	38
Minnesota	29	16	8	5	70	67	37
Winnipeg	29	13	12	4	78	82	30
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	27	19	3	5	96	62	43
Anaheim	29	18	7	4	91	77	40
Los Angeles	28	17	7	4	73	60	38
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.

### SCORING LEADERS

	G	A	Pt
Crosby, Pgh	13	23	36
Malkin, Pgh	7	28	35
Steen, StL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornton, SJ	4	25	29
H. Sedin, Van	7	21	28
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
Karlsson, Ott	7	20	27
Marleau, SJ	12	14	26
Little, Win	12	14	26
Ryan, Ott	13	12	25
Backes, StL	12	13	25
Toews, Chi	12	13	25
D. Sedin, Van	10	15	25

#### Tuesday's games not included

### MLS PLAYOFFS

#### MLS CUP

##### Saturday's game

Kansas City vs. Salt Lake, 4 p.m., EST

## NFL

### Monday's result

Seattle 34 New Orleans 7

### WEEK 14

#### Thursday's game — All times Eastern

Houston at Jacksonville, 8:25 p.m.

#### Sunday's games

Kansas City at Washington, 1 p.m.

Minnesota at Baltimore, 1 p.m.

Buffalo at Tampa Bay, 1 p.m.

Oakland at N.Y. Jets, 1 p.m.

Miami at Pittsburgh, 1 p.m.

Cleveland at New England, 1 p.m.

Indianapolis at Cincinnati, 1 p.m.

Atlanta at Green Bay, 1 p.m.

Detroit at Philadelphia, 1 p.m.

Tennessee at Denver, 4:05 p.m.

N.Y. Giants at San Diego, 4:25 p.m.

Seattle at San Francisco, 4:25 p.m.

St. Louis at Arizona, 4:25 p.m.

Carolina at New Orleans, 8:30 p.m.

#### Monday, Dec. 9

Dallas at Chicago, 8:40 p.m.

### NBA

#### Tuesday's results

Denver 111 Brooklyn 87

Memphis 110 Phoenix 91

Philadelphia 126 Orlando 125 (2OT)

Boston 108 Milwaukee 100

Detroit 107 Miami 97

Charlotte at Dallas

Oklahoma City at Sacramento

Toronto at Golden State

#### Monday's results

Washington 98 Orlando 80

New Orleans 131 Chicago 128 (3OT)

San Antonio 102 Atlanta 100

Utah 109 Houston 103

Portland 106 Indiana 102

#### Wednesday's games — All times Eastern

Denver at Cleveland, 7 p.m.

L.A. Clippers at Atlanta, 7:30 p.m.

Phoenix at Houston, 8 p.m.

Detroit at Milwaukee, 8 p.m.

Dallas at New Orleans, 8 p.m.

Indiana at Utah, 9 p.m.

San Antonio at Minnesota, 9:30 p.m.

Oklahoma City at Portland, 10 p.m.

#### Thursday's games

New York at Brooklyn, 7 p.m.

L.A. Clippers at Memphis, 8 p.m.

Miami at Chicago, 9:30 p.m.



## TELL US YOUR TOP PICKS OF 2013

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# 2014 Kia Soul

**Review.** Still quirky, but with a beefier body and classier interior

MIKE GOETZ  
Drive@metronews.ca

When quirky vehicles get their number called at the redesign department deli, they present an interesting dilemma to their design teams. How do you modernize or update them without making them too pretty?

It's much like Keith Richards — you don't want to smooth the hair, button the shirt up, or have him throw on more understated and elegant earrings, so he stops looking like a pirate. People love the pirate! So Kia did what it could only do when redesigning its quirky Soul for 2014 — change everything else except that iconic shape, face and tailgate.

The tailgate design was originally conceived around the idea of a backpack, and looks even more backpack-like this time around. The 2014 Soul is slightly longer and wider and lower than the outgoing model. Losing a bit of that top-heavy look and feel, and moving to a beefier platform, with lots more high-strength and ultra high-strength steel, have created a Soul that handles so much more proficiently and smoothly and quietly than the outgoing model.

Kyle Buller, the product planning supervisor at Kia Canada, says there is just as much high-strength steel in the new Soul as there is in the Audi A3. He adds that the size of the Hyundai-Kia group has enabled it to own and operate its own metal foundry. "We're able to source high-strength steel internally, which really helps in pricing," Buller said Kia initially aimed the Soul at younger buyers, but older folks have



ALL PHOTOS KIA



The interior has an upscale feel and a circular theme.

gravitated to them because they are so easy to get in and out of... They also give empty-nest baby boomers that tall-in-the-saddle-feel of regular SUVs, but without the huge gas bill.

My baby boomer bones agree. The front door is nice and big, and it's easy as pie to slide over to the cushy driver's seat. The entire interior is a fantastic leap from the previous model, which was known for its cheap-feeling interior. This interior is upscale in feel, and entirely conceived in a "circular" theme. Everything that can be made into a round shape had been made into a round shape. The rear tailgate is very light and easy to use.

But the load floor is quite high, which eats up a bit of storage space. And the rear seats don't entirely fold forward flat.

Both engines feature state-of-the-art direct injection (GDI in Kia-speak). The base 1.6-litre makes 130 hp and 118 lb-ft of torque, so it's not a rocket, but certainly adequate and certainly fuel-efficient: its City/Highway L/100 km ratings for automatic models are 8.6 and 6.5. The upgrade 2.0-litre engine features dual-cam variable timing, and produces 164 hp and 151 lb-ft of torque, and when hooked up to the 6-speed automatic does the City/Highway thing at 8.8 and 6.5. This engine is also avail-

## 2014 Kia Soul

• **Type.** Five-door, front-wheel-drive, compact "tall" wagon

• **Engines (hp).** 1.8-litre DOHC I4, (130), 2.0-litre DOHC I4 (164)

• **Transmissions.** Six-speed manual and six-speed automatic

• **Base price (incl. destination).** \$16,995

## Design

The look has changed little from the previous model, which was originally conceived as the automotive equivalent of a British Bulldog wearing a backpack. Slight lower, longer and wider proportions suggest better on-road performance.

## Compare

**1** Nissan Juke  
Base price: \$19,998

**2** Scion xB  
Base price: \$18,960

able in an ECO mode, which automatically shuts the engine down at idle (and restarts it soon as you hit the gas). The 2.0-litre in ECO trim knocks the city rating down to 8.4 L/100 km.

The Soul represents pretty good value; especially as it more distinctly styled than most any else you could buy under \$20,000. The base LX starts at \$16,995, while an automatic LX goes for \$18,595. But most people will gravitate to high optioned trims, such as EX (\$20,795), EX+ (\$21,995), SX (\$23,595), and SX Luxury (\$26,995). It's hard to not like

the Soul. Great style, great utility, very decent on-road performance, fuel economy, and value. And my colleagues seem to agree. Fellow AJAC members have just named it a 2014 Car of the Year in its segment for Best New Family Car Under \$30,000.

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5 DRIVE

# Pre-purchase inspection of S80 advised

## Second gear.

2004-2006  
Volvo S80

JUSTIN  
PRITCHARD  
drive@metronews.ca

With an eye for Scandinavian style, sensibility and flagship luxury, the 2004 to 2006 generation of Volvo's S80 luxury sedan offered up selection, uniqueness and a confidence-inspiring motoring experience.

Solidly built and packed with a wide range of safety features and available AWD, it stood out in terms of all-season capability and peace-of-mind.

Feature content in the automaker's flagship sedan included heated seats with power adjustments and memory function, wood and leather trim, a sunroof, headlamp washers, dual-zone climate control, a Dolby ProLogic stereo system and auto-dimming rearview mirror.

### Common issues

Though the S80 wasn't a massive sales superstar, some information from owners regarding reliability is apparent in online forums.

Perhaps the most common among these relates to the S80's timing belt.

Seems that the regular interval to change this part, as prescribed by Volvo, is too long, meaning the belt could snap ahead of its predicted useful service life, possibly causing catastrophic engine damage.

Ascertain the mileage on the timing belt in the S80 you're considering, and be sure to change it in advance of the intervals laid out in the owner's manual.

Be sure to feel the automatic transmission for any signs of slippage or harsh shifting, and be sure maintenance and fluid changes related to the transmission is up to date. Owners have reported transmission issues ranging from inconsistent performance to failure — though the limited number of complaints makes it hard to nail down the key cause.

Engine-related issues tend to centre around more minor parts, like hoses, sensors and modules. Note any check engine lights or leaks, and have a mechanic check for signs of vacuum leaks, which could cause problems with the turbocharger or other systems.

Other checks should include the suspension system, all interior electronics, all powertrain-related electronics and the stereo system. Finally, a mechanic should inspect the condition and integrity of the motor mounts during a pre-purchase inspection.

Due to the potentially complicated and pricey repairs a used S80 may require, buying a used model without a full going-over by a Volvo mechanic is strongly unadvised.



CONTRIBUTED

### What owners like



Typically, the S80's promise of fuel-efficiency, safety and driving confidence attracted shoppers to showrooms, with a spacious cabin, high-end interior design and a comfortable, luxurious ride sealing the deal. Exterior styling, the up-level stereo system and the seats are all highly rated, too.

### What owners dislike



Interestingly, the most common complaint of most S80 owners is the cupholder design and placement.

### Engine



Motivation came from one of several powertrain teams, including a 2.9 litre straight-six with 194 horsepower, front-drive and an automatic transmission. A 2.5 litre straight five-cylinder turbo engine with 5-speed automatic and AWD was available, creating 208 horsepower. Top-line models got 268 horsepower thanks to a turbo version of the big straight six.

### The verdict

Though information is somewhat inconclusive, shoppers are advised strongly against buying a model that hasn't been subjected to a pre-purchase inspection of the engine, transmission and electronics. A non-turbocharged, front-drive model will likely be the most reliable for the long term.

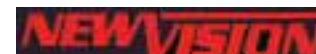


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# AJAC Car of the Year finalists announced



The Mazda3 is a finalist. HANDOUT

## Automobiles Journalists Association of Canada Awards.

Mazda takes three categories at the annual announcement

The Automobile Journalists Association of Canada has narrowed down 36 potential winners to 12 finalists for the 2014 Canadian Car of the Year Award.

A group of 80 AJAC members — journalists representing news outlets from coast to coast — test-drove 174 vehicles during a week-long series of trials in Niagara Falls this past October. The annual fall new auto test event is conducted to evaluate the vehicles in the dozen categories on the same day, over the same route, including a high-speed test circuit and/or a simulated off-road course or cottage road, depending on

the category.

Testers ranked a wide range of attributes covering design, space, quality, performance, safety, economy and value. Professional test drivers also graded every vehicle for acceleration from rest and for passing acceleration and braking.

Transport Canada fuel consumption figures were also factored in. Vehicle traits are weighted differently in the various categories, taking into consideration that aspects like acceleration are more important for a sports car than a pickup truck.

The vehicle's price is also considered in the sense that expensive vehicles should naturally offer better performance and style than lower-priced wheels.

All of the data gathered has been compiled by the accounting firm KPMG.

The next step in the process will be the selection the Car of the Year and the Util-

### 12 Category finalists

- **Small Car (under \$21k):** Mazda 3
- **Small Car (over \$21k):** Mazda 3 Sport
- **Family Car (under \$30k):** Kia Soul
- **Family Car (over \$30k):** Mazda 6
- **Luxury Car (under \$50k):** Lexus IS 350 RWD
- **Luxury Car (over \$50k):** Infiniti Q50 Hybrid
- **Sports/Performance (\$50k+):** Chevrolet Corvette Stingray
- **Prestige Car (over \$75k):** Mercedes-Benz S Class
- **SUV/CUV (under \$35k):** Jeep Cherokee
- **SUV/CUV (\$35k to \$60k):** Kia Sorento
- **SUV/CUV (over \$60k):** Acura MDX
- **Pickup:** GMC Sierra

ity Vehicle of the Year (truck or SUV), which will be announced on Feb. 13, 2014.

TORSTAR NEWS SERVICE



The Kia Sorento is also a finalist. HANDOUT

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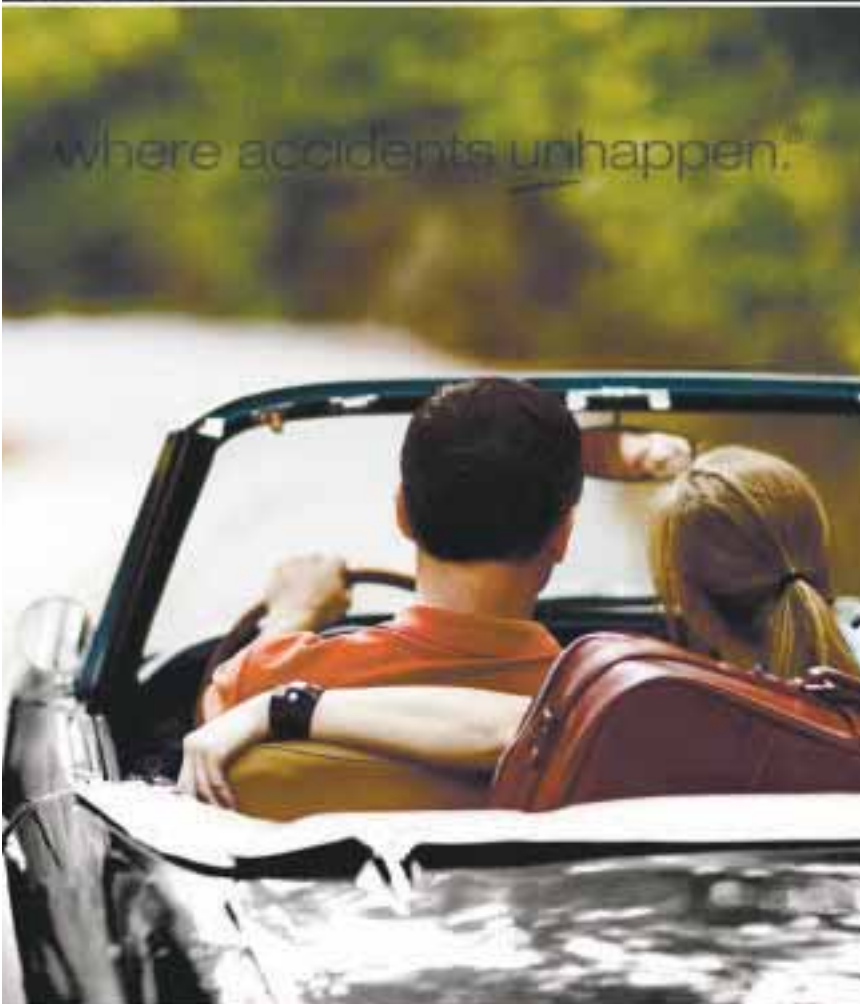
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## Horoscopes

### Aries

March 21 - April 20

You will hear something amazing today but can you believe it? If it sounds too good, check it out first. Commit too soon and you could find you've signed up for something that does you no good.

### Taurus

April 21 - May 21

The only thing to fear is fear itself, so put your doubts behind you and plunge headlong into the unknown. That might not sound like a typically Taurus thing to do but, what have you got to lose?

### Gemini

May 22 - June 21

Someone in a position of power thinks you're pretty special and if you are smart you will play up to it and make it pay. Use your way with words to get a promotion.

### Cancer

June 22 - July 23

If someone is difficult to get along with today, you should make it your business to find out why. Most likely it is nothing too serious and may even be something you are able to help with.

### Leo

July 24 - Aug. 23

You may have no particular interest in the chores you are expected to do today, but do them anyway and make sure you do a good job. Come the weekend, you will be free again to pursue your own interests.

### Virgo

Aug. 24 - Sept. 23

Family relationships are under favourable stars, so reach out to someone you love and let them know how you feel. Some say Virgos are cool, so now is your chance to prove them wrong.

### Libra

Sept. 24 - Oct. 23

Use your head today, especially when dealing with people who tend to get emotional over trivial matters. No matter how agitated they may get, you must stay focused on the facts.

### Scorpio

Oct. 24 - Nov. 22

You may have deep feelings about a situation but you must not let emotions get in the way of what needs to be done. Yes, of course, love makes the world go around but it needs a dash of common sense too.

### Sagittarius

Nov. 23 - Dec. 21

If a tough decision is called for, you must make it and live with the consequences. The planets warn the worst possible thing you can do is to hedge your bets. Come down on one side of the fence or the other.

### Capricorn

Dec. 22 - Jan. 20

Act rationally today, even if it gets you a rep as someone who is all head and no heart. Experience has taught you that people who follow only their emotions usually end up with nothing worth having.

### Aquarius

Jan. 21 - Feb. 19

Don't make any hasty decisions today. You may believe you know all the facts but the planets warn there is one little thing you have overlooked — and that one little thing could have very big consequences.

### Pisces

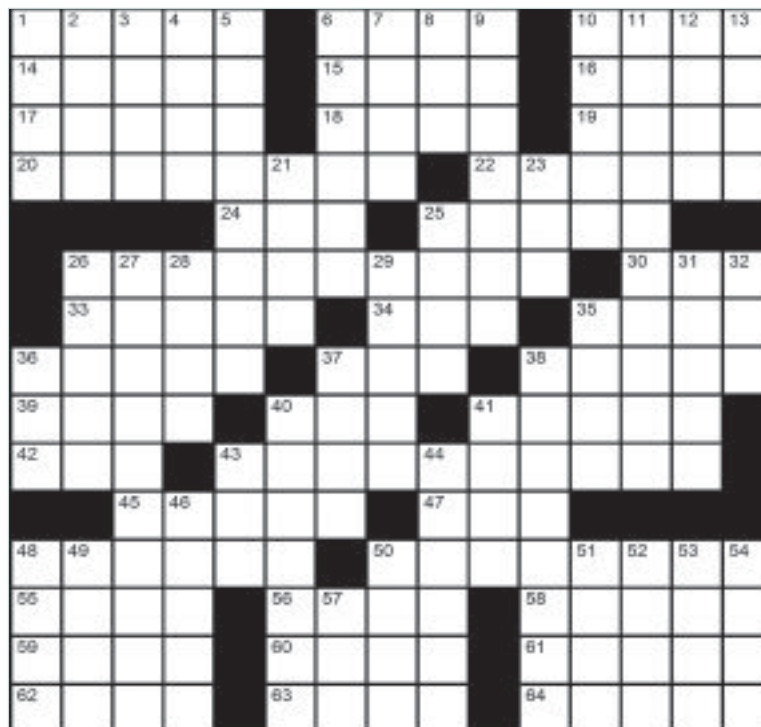
Feb. 20 - March 20

Someone who has a lot more experience than you could be of help today, but you need to remember that they can't read your mind. Spell things out for them. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Show about Mary, Queen of Scots on which Megan Follows plays Queen Catherine
6. Denied club entry because of it, e.g.:
10. Carpentry wedge
14. Gluck opera: ed Euridice
15. Consequently
16. "I thought we \_\_\_ deal?"
17. Mr. Eastwood
18. Linguist Mr. Chomsky
19. Jealousy
20. Edmonton-born actress Jill
22. Appearances
24. Scrooge's seasonal sentiment
25. Confusion-causing mess
26. Thomas Mulcair, Leader of the \_\_\_
30. Pressure meas.
33. Greek Myth: Crete's bronze guardian
34. Ancient Egypt: Sun god's namesakes
35. Look over
36. Mike Myers character
37. \_\_\_ the Record Man
38. Cook's creations
39. Prefix meaning 'Trillion'
40. Illinois city, for short



41. Rings loudly
42. Jimmy
43. Charlie the \_\_\_ (Creature on Prime Minister Harper's annual Christmas card)
45. Ms. Jessica Parker
47. Small, small-ly
48. Bruce of "Dragons' Den"

50. Brian \_\_\_, Canadian sportscaster
55. \_\_\_ monde (High society)
56. Sandwich time
58. Provide
59. "\_\_\_ way, shape or form!"
60. Util. bill
61. Serviceable

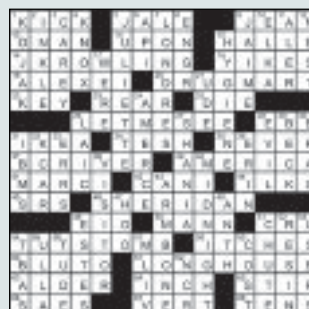
62. Subtraction opp.
63. Mascara spot
64. Routines
- Down**
1. Mr. Voisine
2. Perry Mason creator, \_\_\_ Stanley Gardner
3. "\_\_\_ doubt..."
4. West Coast painter,

- Robert \_\_\_
5. Rachel McAdams/Ryan Gosling movie, "The \_\_\_" (2004)
6. Mayor of Calgary, Naheed \_\_\_
7. '\_\_\_ Plata' (Montana's state motto)
8. Grocery store chain
9. Pizza chain

10. Bundle
11. Upon answering the phone, hearing 'click': 2 wds.
12. '50s song: "If I Knew You Were Comin' \_\_\_ Baked a Cake"
13. "Ain't That the Truth" by Canadian rocker Matt \_\_\_
21. Back talk
23. Earth inhabitant
25. Thailand, formerly
26. Survey selection
27. Ontario town on Georgian Bay: 2 wds.
28. Entreaty
29. Public transport
31. Dance style
32. Advantages
35. Sigil
36. '90s gr.
37. \_\_\_Tzu (Cute dog)
38. Food Labels: Best Before... = \_\_\_ Avant...
40. Station
41. \_\_\_ and Don, The Everly Brothers
43. \_\_\_-Magnon
44. Settle the deal
46. Country great Hoyt
48. Christmastime 'pet'
49. Author Ayn
50. Troubles
51. Keen on
52. Mine entrance
53. Donkey/horse
54. Spots
57. 'Pay' suffix

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

THURSDAY

FRIDAY



MAX: -14°  
MIN: -18°



MAX: -16°  
MIN: -22°



MAX: -20°  
MIN: -23°



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Limited model shown

HWY: 8.4L/100 KM  
CITY: 11.0L/100 KM\*

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UTILITY VEHICLE  
OF THE YEAR**



Limited model shown

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Limited model shown

HWY: 7.2L/100 KM  
CITY: 10.0L/100 KM\*

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